

Name _____ Period _____ Date _____

HANDOUT 5-1

Fact or Falsehood?

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| T F | 1. Much of our everyday thinking, feeling, and acting operates outside our conscious awareness. |
| T F | 2. Allowed to sleep unhindered, most adults will sleep at least 9 hours a night. |
| T F | 3. People who sleep 7 to 8 hours a night tend to outlive those who are chronically sleep-deprived. |
| T F | 4. Sleeping pills are the most effective treatment for insomnia. |
| T F | 5. The most common dreams are those with sexual imagery. |
| T F | 6. Most psychologists believe that dreams provide a key to understanding our inner conflicts. |
| T F | 7. Under hypnosis, some people can recover accurate memories as far back as birth. |
| T F | 8. Under hypnosis, people can be induced to perform an apparently dangerous act. |
| T F | 9. Those given morphine to control pain often become addicted to the drug. |
| T F | 10. In large amounts, alcohol is a depressant; in small amounts, it is a stimulant. |